

1st Annual Frosty 5K ~ 2010

All proceeds will benefit Will County Children's Advocacy Center

Date: 1/16/10

Time: 8:00 a.m. (start)
Race-day registration (6-7:30)

Award presentation at Dick Pond's @ race conclusion

ENTRY FEES

- Elementary School students (FREE)
- Middle School students (\$10)
- High School students (\$15)
- Adults (\$20)

PRIZES:

- Top male and female overall finishers
- Top male & female finisher in each of the following age-groups
- Elementary School
- Middle School
- High School
- 20-29
- 30-39
- 40-49
- 50-59
- 60+

Attention high school students interested in obtaining service hours towards graduation credit. We are offering community service hours to those students helping with race-day administration. If you are running the race, you are welcome to earn hours by helping with pre-race set-up, awards and post-race break-down/clean-up.

Volunteers must report at 6:00 a.m. and will be free to leave at 11:00 a.m. (5 Service Hours)

Volunteers who are running will earn 4 hours due to their hour running the race.

For more information or to register call:
(815) 212-0760 or e-mail: cdacteli@gmail.com

THANK-YOU TO OUR SPONSORS



*ELAINE'S SPECIAL-
TIES*

CHRISTMAS AT OUR HOUSE

Attention: We will be raffling off four 2-month memberships to the Inwood Indoor Athletic Club on Jefferson Street in Joliet, IL. All runners will be given two chances (one in their age group raffle and one in an overall race raffle included in their race fee).

Elaine's Pastries, Christmas at Our House and Jewel Food Stores will provide runners with drinks and snacks.

Contact person:
Constantine Dactelides

Make checks & money orders payable to:
Will County Children's Advocacy Center

Mail checks and money orders with flyer to:
Constantine Dactelides
24201 W. Hazelcrest Apt. 102
Plainfield, IL 60544

Attention Everyone:
Sign-up and pre-race preparation begins in the
Dick Pond parking lot @

16133 Weber Road; Crest Hill, IL 60403

Name _____

Address _____

COMMUNITY SERVICE VOLUNTEER (circle)

Phone _____

E-Mail _____

Sex _____

Age on race day _____

I know that running and road racing are potentially hazardous activities. I will not enter this race unless I am medically able and properly trained. I assume all risks associated with this event including but not limited to falls, contact with other participants, effects of the weather, traffic and conditions of roads. All such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of accepting this entry, I the undersigned intending to be legally bound for myself, my heirs, executors and administrators waive and release any and all claims for damages I may have against race sponsors, representatives, directors from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from participation in this Frosty 5K event on January 16, 2010.

Signature _____

Date _____

Signature of parent or guardian if under 18 years of age. _____

Date _____